

HHS Team Meeting
Columbia (MD) Chapter Links

Logistics

Date:	10/17//2017	Location	Nordstroms
Time:	6:00 PM	Facilitator:	Rhonda Ricks

Attendees: Link Rhonda Ricks, Link Judy Grant, Link Paulette Scott

1. Welcome– Link Rhonda Ricks
2. Review of 2018 -2019 Budget Request that was submitted on 10/11/17
3. Review of 2017/2018 programs
 - a. **Days of Taste** – A discovery-based program that brings together professional chefs, farmers and community volunteers with elementary school children to introduce kids to the elements of taste and to teach them how food travels from farm to table. The program is currently held in 6 Howard County Elementary Schools, not including Jeffers Hill. The committee agreed to sponsor Jeffers Hill. The commitment is \$2500 and volunteer opportunities .
 - b. **For Girls Only** –
 - i. The Beautiful Me Inside and Out, Healthy Habits, Health Hygiene” to be held on April 26th. We will need volunteers to administer this program.
 - c. **Can You Imagine Me?** We voted to continue with the CYIM program at Jeffers Hill.
 - i. Session 1 - Link Rhonda will ask Links Roni and Lisa Cooper Lucas to administer.
 1. Body Image
 2. Health
 - ii. Session 2 –
 1. Nutrition and Healthy Cooking demo –Link Rhonda will coordinate with UnitedHealthcare to administer.
 2. Sugar Free Kids Maryland beverage presentation – Link Rhonda to ask Akil Patterson to administer.
4. Review of Service Delivery Model - The committee reviewed the Service Model to ensure that we are on task and will be reviewed at all HHS meetings.
 1. Goal #1 – Promote Healthy Living For African American Youths in Howard County
 - We are fulfilling with our CYIM? and For Girls Only programs.
 2. Goal #2 - Promote and Build Mental Health Awareness Within the African American Community in Howard County
 - HHS to look into hosting a Mental Health First Aid session inviting Chapter and other group(s). Mental Health First Aid is a public education program designed to teach members of the public how to respond in a mental health emergency and to offer support to someone who appears to be in emotional distress.
 3. Goal #3 -Support The Chapter By Providing Resources , Activities and Information that Promote Healthy Living
 - October – Breast Cancer Awareness Month - An educational email was sent to the Chapter from HHS Regional Chair Link Nickie Martin
 - Link Judy Grant to look into a Chapter Jazzercise session for January. Link Rhonda to check with Membership Committee to discuss partnering as an “friendship” activity.